




Fremont Multi-Service Senior Center
40086 Paseo Padre Parkway (at Lake Elizabeth)
Fremont, CA 94538
790-6600 • 494-4539 (T.T.Y.) •
www.fremont.gov

October

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Lunch: 12 noon (daily)
Information Line: 790-6610 (Menu & Activities)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Heritage Tour – Niles and Irvington 8:15 Tai Chi 8:30 Walkers 8:30 Quilters 10-12 ICC Yoga & Meditation 12:30 Beg Spanish 12:45 Healthy Lifestyles 1-2 Digital Photography Questions for Khanh ICC Roundtable 1:00 Painting Class 1-4 Bingo! 1-3 Caregivers Support 1:45 Interm Spanish 2:30-4:30 Investing for the Mature Investor 6-7:30 Line Dance Class Drop-in \$6	3 8:00 Meditation 8:30 Senior Fitness 8:45 Yoga/Stretch 9:00 Softball Practice fld 2 9-12 B. P. Screening 10:00 Creative Writing 11:00 Paratransit Info - appt 12:30 Bridge Basics 1: An Introduction Class - 1 12:45-2:45 Karaoke-Com Cen 12:45 Los Amigos 12:45 Crafts 1:00 Bridge 1:45 Fremontaires 3:00 Tai Chi(Beg) 4:00 (Adv) 6:30- Easybridge Game - for beginners 9:30	4 8:15 Tai Chi 8:30 Walkers 8:40 Cholesterol Tests (appt) 10:00 Bingo! 10:00 Current Events 12:30-2:30 Medicare Counseling (appt.) 1:00 Pinochle & Canasta 1:00 Mah Jongg 6:30 Tole Painting Class 7:00 Woodcarvers	5 8:30 Senior Fitness 9-3 Chinese Club (fee) 9:00 Chinese Counseling and Information 10-3 Blood Pressure Screening 10:00 Yoga/Stretch 11:30 ECHO Housing, Reverse Mortgage Counseling 1:00 Chess & Games 2:00 Sr. Center Singers 2:30 Dance, "Young at Heart" band (\$4 & \$6)	6 9:30-3 Washington on Wheels 8:15-12 AARP Driver Safety Class (must reg., fee) 8:30 Walkers 9:30 Chinese Calligraphy 10:00 Bridge 1:00 Piano and Guitar Lessons 1:00 Garden Club 1:45 Needlecrafts 3:00 Tai Chi
9 Fleet Week Visit! U.S. Navy Comes to the Fremont Senior Center 8:15 Tai Chi 8:30 Walkers 8:30 Quilters 9:30 Medicare Counseling - Appt. 11:00 AARP Social Time 1:00 AARP Business Mtg 12:00 Bridge 12:30 Beg Spanish 12:45 Healthy Lifestyles 1:00 Painting Class 1:45 Interm Spanish 2:30-4:30 Investing for the Mature Investor 6-7:30 Line Dance Class, Drop-in \$6	10 8:00 Meditation 8:30 Senior Fitness 8:45 Yoga/Stretch 9-12 B. P. Screening 10:00 Creative Writing 10:30 Indo-Amer. Seniors 11:00 Paratransit Info - appt 12:30 Bridge Basics 1: An Introduction Class - 2 12:45-2:45 Karaoke-Com Cen 12:45 Crafts 1:00 Bridge 1:45 Fremontaires 3:00 East Indian Seniors 3:00 Tai Chi(Beg) 4:00 (Adv) 6:30- Easybridge Game - \$5 mem \$6 non-mem	11 Half Moon Bay Trip 8:15 Tai Chi 8:30 Walkers 10:00 AC Transit picture ID (appt) 9-12 Case Mgr. Appts 10:00 Current Events 1-4 Footcare – appt 1-2:30 "Older Driver Safety Discussion" with Senior Injury Prevention Project Sign up in Office 1:00 NARFE Board Meets at Boat House 1:00 Mah Jongg 6:30 Tole Painting Class 7:00 Woodcarvers	12 Jackson Casino Trip 8:30 Senior Fitness 9-3 Chinese Club (fee) 9:00 Chinese Counseling and Information 10-3 Blood Pressure Screening 10:00 Yoga/Stretch 12:00 Oktoberfest Lunch & Entertainment \$5 members \$7 non-members 1:00 Chess & Games 2:00 Sr. Center Singers 2:30 Dance, "Young at Heart" Band (\$4 & \$6)	13 8:15-12 AARP Driver Safety Class (must reg., fee) 8:30 Walkers 9:30 Chinese Calligraphy 10:00 Bridge 12-2 ID Photos 1:30 Birthday Party! Entertainment the Fremontaires 1:00 Piano and Guitar Lessons 1:45 Needlecrafts 3:00 Tai Chi
16 8:15 Tai Chi 8:30 Walkers 8:30 Quilters 9-12 Hearing Screening 9-12 Case Mgr. Appts 10:00 Harmonica (Carlton) 10-12 ICC Yoga & Meditation 12:30 Beg Spanish 12:45 Healthy Lifestyles 1-2 Digital Photography Questions for Khanh ICC Roundtable 1-4 Bingo! 1:00 Painting Class 1:45 Interm Spanish 6-7:30 Line Dance Class Drop-in \$6	17 8:00 Meditation 8:30 Senior Fitness 8:45 Yoga/Stretch 9-12 B. P. Screening 10:00 Creative Writing 11:00 Paratransit Info - appt 12:30 Bridge Basics 1: An Introduction Class - 3 12:45 Crafts 12:45-2:45 Karaoke-Com Cen 1:00 Bridge 1:45 Fremontaires 3:00 Tai Chi(Beg) 4:00 (Adv) 6:30- Easybridge Game - for beginners 9:30 \$5 mem \$6 non-mem	18 8:15 Tai Chi 8:30 Walkers 9-12 Case Mgr. Appts 10:00 Bingo! 10:00 Current Events 12:30-2:30 Medicare Counseling (appt) 1:00 Mah Jongg 6:30 Tole Painting Class 7:00 Woodcarvers	19 8:30 Senior Fitness 9-3 Chinese Club (fee) 9:00 Chinese Counseling and Information 10-3 Blood Pressure Screening 10:00 Yoga/Stretch 1:00 Chess & Games 2:00 Sr. Center Singers 2:30 Dance, "Young at Heart" Band (\$4 & \$6)	20 8:30 Walkers 9:00 Pinochle/ Canasta 9:00 Garden Club Trip Sunset House & Alden Lane Nursery 9:30 Chinese Calligraphy 9:30 Sr. Commission Meeting 10:00 Bridge 1:00 Piano and Guitar Lessons 1:45 Needlecrafts 3:00 Tai Chi
23 8:15 Tai Chi 8:30 Walkers 8:30 Quilters 9:30- Medicare Counsel. (appt) 12:30 Builders Fund Board 10:00 Harmonica (Carlton) 12:00 Bridge 12:30 Beg Spanish 12:30 Quilter's Lab 12:45 Healthy Lifestyles 1:00 Painting Class 1:45 Interm Spanish 6-7:30 Line Dance Class Drop-in \$6 7 – 9 Parkinsons Support	24 8:00 Meditation 8:30 Senior Fitness 8:45 Yoga/Stretch 9-12 B. P. Screening 10:00 Creative Writing 10:30 Indo Amer. Seniors 12:30 Bridge Basics 1: An Introduction Class - 4 12:45 Crafts 12:45-2:45 Karaoke-Com Cen 1:00 Bridge 1:45 Fremontaires 3:00 East Indian Seniors 3:00 Tai Chi(Beg) 4:00 (Adv) 6:30 Easybridge Game \$5 mem \$6 non-mem	25 8:15 Tai Chi 8:30 Walkers 10:00 Legal Assist. for Seniors 10:00 Current Events 1-4 Footcare – appt 1:00 Mah Jongg 5:00 Senior's Night Out Lucky in Las Vegas! Newark Hilton -\$70 for escort & senior RSVP right away Space is limited No tickets at door. Mary Jane-413-5960 Yolanda - 543-5928 6:30 Tole Painting Class 7:00 Woodcarvers	26 8:30 Senior Fitness 9-3 Chinese Club (fee) 9:00 Chinese Counseling and Information 10-3 Blood Pressure Screening 9:30 Facility Sub-Comm. Meet. 10:00 Yoga/Stretch 1:00 Chess & Games 2:00 Sr. Center Singers 2:30 Dance, "Young at Heart" Band (\$4 & \$6)	27 8:30 Walkers 9:30 Chinese Calligraphy 10:00 Bridge 11:30 NARFE Social Time 12:30 NARFE Business Meeting 1:00 Piano and Guitar Lessons 1:00 Pinochle/ Canasta 1:45 Needlecrafts 3:00 Tai Chi
30 FLU SHOT DAY 9 AM- 1 PM No classes in Wing A 8:30 Walkers 8:30 Quilters 10:00 Harmonica (Carlton) 12:30 Beg Spanish 12:30 Quilter's Lab 12:45 Healthy Lifestyles 1:00 Painting Class 1:45 Interm Spanish 6-7:30 Line Dance Class Drop-in \$6	31 8:30 Senior Fitness 8:45 Yoga/Stretch 9-12 B. P. Screening 10:00 Creative Writing 12:00 Halloween Lunch & Costume Party 12:30 Bridge Basics 1: An Introduction Class - 5 12:45-2:45 Karaoke-Com Cen 12:45 Crafts 1:00 Visual Concerns 1:00 Bridge 1:45 Fremontaires 3:00 Tai Chi(Beg) 4:00 (Adv) 6:30 Easybridge Game \$5 mem \$6 non-mem	 <p>Name the Senior Center Lunch Program Contest: Win two free lunches for submitting the winning name by Weds. Oct. 25. Winner to be announced at lunch on Halloween! Put your thinking cap on. suggestions? Bistro at the Park? Tasty Café? We know you will come up with a great name for our wonderful lunch program.</p>		